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Borough of Appleby

ANNUAL REPORT

OF THE

Medical Officer of Health

FOR THE YEAR

1960



KENDAL
TITUS WILSON & SON, LTD.

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Kendal 1296.

Stricklandgate House,
P.O. Box 18,
Kendal.

To the Mayor, Aldermen and Councillors of the Borough of Appleby.

SIR, LADIES AND GENTLEMEN,

I have the honour to submit to you my Annual Report upon the health of the Borough during the year 1960.

This has been another year of progress, with the reorganisation of the Borough's sewage disposal and water schemes.

I wish to acknowledge the help and ready co-operation of my colleague the County Medical Officer of Health, and also the assistance afforded to me by the local general medical practitioners.

I am indebted also to the Public Health Inspector and his staff for the spirit of teamwork which exists in my department, and for the fund of local knowledge which they have laid at my disposal.

I have the honour to be,

Sir, Ladies and Gentlemen,

Your obedient servant,

FRANK T. MADGE,

Medical Officer of Health.

NATURAL AND SOCIAL CONDITIONS OF THE DISTRICT.

Area of the Borough in acres	1,877
Population (Registrar-General's mid year estimate) ..	1,680
Inhabited Houses	584
Rateable Value	£19,284
Product of a Penny Rate	£78
Rate in the pound levied in 1959-60.. .. .	19/6
of which the County Rate was	14/3d.

The ancient Borough of Appleby is the County Town of Westmorland, and lies on a beautiful winding reach of the River Eden beneath the long escarpment of the Pennine Range. The Town clusters compactly on the rising ground of the river banks and is dominated by the historic Castle. It is a small market town which mainly serves the surrounding farming countryside, but on one side the main trunk highway follows the old Roman road which passes over into north-east England. These geographical features determine the natural lines of communication and therefore influence the spread of infectious disease.

The geology of the Borough is mainly Penrith sandstone in the Permian System but in the northern portion there are some purple sandstones and shales in the Millstone Grit series of the Carboniferous System, with alluvial deposits and terraces along the river, and some glacial drift. These geological characteristics are of great significance in the supervision of water supplies and sewerage as well as affecting the economics of the Borough.

The climate is equable and the town is well sheltered from the prevailing winds. The air is generally very clear and there is little mist or fog. The rainfall varies between 30 and 40 inches a year, and snow may be expected for one or two weeks in the late winter.

The Borough is primarily a market town in character, and many of the small industries and crafts are ancillary to agriculture. There are also the following industries and occupations which provide local employment and bring a measure of prosperity to the Borough:—

- Milk Depot.
- Cheese Factory.
- Egg Packing Station.
- Railway Work.

In addition to these local industries the Borough receives seasonal tourist and business traffic from the Trunk Road. The variety of these local opportunities for employment has kept Appleby happily free from unemployment and has provided that economic security which is a most important factor in the maintenance of the public health.

STAFF.

Name.	Qualifications.	Office.	Whole or Part-time.	Other Offices.
F. T. Madge.	M.D., Ch.B., M.R.C.S., L.R.C.P., D.P.H.	Medical Officer of Health.	Part.	M.O.H. Combined County Districts of Westmorland
H. Sowerby	L.I.O.B., A.R.S.H.	Public Health Inspector to 31st October, 1960.	Part.	—
G. E. Hayes.	M.R.C.V.S.	Public Health (Meat) Insptr.	Part.	—
B. M. Machell.	—	Clerk to Medical Officer of Health.	Part.	Clerk to M.O.H. Combined County Districts of Westmorland

STAFF CHANGES

Mr. H. Sowerby resigned his part time appointment on 31st October, 1960. He had done five sessions per week since 1st January, 1959. The appointment was vacant at the year end.

VITAL STATISTICS.

The following extracts are made from information supplied by the Registrar-General, with figures for 1959 for comparison.

Area of the District in acres 1,877

	1959	1960
Estimated civilian population (mid year) ..	1,650	1,680
Live Births. Legitimate— males	17	12
females	14	9
Illegitimate— males	1	1
females	—	—
Total	32	22
Crude Rate per 1,000 population	19.3	13.9
Corrected Rate per 1,000 population	20.6	14.8
Birth Rate for England and Wales	16.5	17.1
Illegitimate Birth Rate per 1,000 population	0.6	0.5
Illegitimate Birth Rate per 1,000 live births.	31.2	45.4
Still Births. Legitimate— males	—	1
females	—	—
Illegitimate— males	—	—
females	—	—
Total	—	1
Total (live and still) births ..	32	23
Rate per 1,000 total (live and still) births	—	43.4
Rate for England and Wales ..	20.7	19.7

	1959	1960
Deaths. males	3	12
females	16	13
Total	19	25
Crude Rate per 1,000 population ..	11.5	14.8
Corrected Rate per 1,000 population	10.8	13.9
Rate for England and Wales ..	11.6	11.5
Infantile Deaths (under 1 year)		
Total deaths under 1 year.. ..	—	1
Rate per 1,000 live births	—	45.4
Rate for England and Wales ..	22.0	21.7
Legitimate	—	1
Rate per 1,000 legitimate live births	—	47.6
Illegitimate	—	—
Rate per 1,000 illegitimate live births	—	—
Neonatal Deaths (under 4 weeks)		
Total neonatal deaths ..	—	1
Rate per 1,000 live births ..	—	45.4
Rate for England and Wales ..	15.8	15.6
Early Neonatal Deaths (under 1 week):		
Total early neonatal deaths ..	—	1
Rate per 1,000 live births ..	—	45.4
Perinatal Mortality Rate:		
Stillbirths and deaths under		
1 week.. .. .	—	2
Rate per 1,000 total (live and		
still) births	—	87
Maternal Mortality:		
Total Deaths	—	—
Rate per 1,000 total (live and		
still) births	—	—
Rate for England and Wales ..	0.38	0.39

NOTIFIABLE DISEASES TABLE.

	Total	Ages												Admitted to Hospital	Deaths
		-1	1-	2-	3-	4-	5-	10-	15-	20-	35-	45-	65-		
Scarlet Fever ..	2	-	-	-	1	-	-	1	-	-	-	-	-	-	
Measles ..	34	-	5	4	2	4	17	2	-	-	-	-	-	-	
Erysipelas ..	1	-	-	-	-	-	-	-	-	1	-	-	-	-	
Food Poisoning ..	2	-	1	-	-	-	-	-	1	-	-	-	-	-	
TOTAL ..	39	-	6	4	3	4	17	3	1	1	-	-	-	-	

Deaths from certain causes:—						1959.	1960.
Cancer	2	7
Measles	Nil	Nil
Whooping Cough	Nil	Nil

The main causes of Death were:—

Cancer	7
Heart Disease	6
Vascular lesions of nervous system	5

On account of the small population of the Borough the changes from last year's figures have little statistical significance.

PREVALENCE AND CONTROL OF INFECTIOUS AND OTHER DISEASES.

Public Health Act, 1936. Sections 145-170.

National Health Service Act, 1946. Part III.

There were 34 cases of measles in a midsummer epidemic which spread in from the surrounding rural areas. It ran a mild course and the rest of the year was uneventful.

Hospital and Ambulance Arrangements for Infectious Diseases. National Health Service Act, 1946. Parts II and III.

The Regional Hospital Board, Newcastle provides infectious diseases hospitals at Penrith and Carlisle to serve the area, and ambulance transport is provided by the County Council. Disinfection of premises is carried out by your public health inspector.

TUBERCULOSIS

The number of tuberculosis patients on the register at the year end were:—

Respiratory	...	8
Non-Respiratory	...	2
		—
		10
		—

TUBERCULOSIS TABLE.

Age Periods	NEW CASES				DEATHS			
	Respira- tory		Non-res- piratory		Respira- tory		Non-res- piratory	
	M	F	M	F	M	F	M	F
0 ..	—	—	—	—	—	—	—	—
1 ..	1	—	—	—	—	—	—	—
5 ..	—	1	—	—	—	—	—	—
15 ..	—	1	—	—	—	—	—	—
25 ..	—	—	—	—	—	—	—	—
35 ..	—	—	—	—	—	—	—	—
45 ..	—	—	—	—	—	—	—	—
55 ..	—	—	—	—	—	—	—	—
65 ..	—	—	—	—	—	—	—	—
Total ..	1	2	—	—	—	—	—	—

HOUSING.

There are 584 inhabited houses in the Borough and an average of 2.8 persons per house.

At the year end the Council had accepted undertakings that 14 houses would not be used for human habitation until made fit. A further 10 houses were being dealt with to complete the Council's slum clearance programme of 24. I must again advise that there should be more strict adherence to statutory procedure, particularly with the Holme Street houses.

When the time comes for your Council to consider building more new houses in the Borough it would be wise to review the application lists. Moreover some of the older houses may be capable of reconditioning with the aid of financial grants available under the Housing Acts.

The Scattergate Green Estate holds 32 out of the 65 houses owned by the Corporation. The site has room to build a lot more.

The method adopted for the selection of tenants of Council houses is one which combines the "points" scheme and personal selection. Each applicant completes a form and is awarded points from which a short list is compiled, and from this the personal selection is made.

The rateable values of your Council houses range from £16 to £24 and the rents are between 15/6d. and 21/6d. per week exclusive of rates.

Verminous Houses.

Public Health Act, 1936. Sections 83-85.

The average standard of cleanliness is high and no action was necessary during the year.

Nuisances re Dwellings.

Public Health Act, 1936. Sections 91-100.

Informal action was taken in 2 cases. No statutory notices were served.

Dangerous Buildings.

Public Health Act, 1936. Section 58.

No cases were dealt with during the year.

Tents, Vans, Sheds and Movable Dwellings.

Public Health Act, 1936. Sections 268-269.

Caravan Sites and Control of Development Act, 1960.

At the year end there was one site in Station Road licensed under the Public Health Act, with three holiday caravans on it, and one individual caravan north of the town semi-permanently occupied.

On account of the vacant appointment for a public health inspector, no licences had yet been issued by the year end under the recently enacted Caravan Sites legislation. Applications for licences were being invited.

Unlicensed camping sites are limited to occasional use only, intermittent camping takes place along the banks of the River Eden during the fishing season and is generally not objectionable.

Camping periods of not more than four days each occur twice a year by the staff of travelling fairground and shows which park and operate in the Butts, where public conveniences for both sexes serve the sanitary requirements.

A more serious nuisance occurs during the June Fair, which lasts approximately five days. Camping on the Roman Road adjacent to Gallows Hill and on the Longmarton Road is done on a very large scale. Tents, motor trailers, and horse-drawn caravans assemble in hundreds along the roadsides, and the occupants use the fields and hedgerows for all sanitary purposes, which leave after their departure a foul and polluted area. A Committee was formed to examine the possibility of moving the campers off the roads on to the Gallows Hill and a provisional scheme was made to provide an access roadway and temporary latrines and chemical closets, and a proper water supply, but there seems little hope of any practical results. It remains a thoroughly bad show, particularly for your neighbours in the rural district. An attempt was being made at the year end to reconcile the interests of all the conflicting parties.

Swimming Pool.

This was completed in August 1959 and was open for one month. It is an uncovered open-air bath filled with fresh water from the public mains, recirculated with constant filtration and aeration as well as being chlorinated, so that the water is being continuously changed and purified. Informal samples of water taken for bacteriological examination were excellent. Changing accommodation, footbaths and disinfection were well maintained.

WATER.

The public water supply is not now adequate in quantity for the normal domestic supplies and industrial calls of the Borough, and certainly is not enough to meet the needs of further development.

The source of the supply is at the foot of the Pennines from two natural springs at Bank Wood in the Parish of Hilton. These springs

arise near the junction of St. Bees sandstone and the red shale strata and apparently have a deep source. Their yield is remarkably constant throughout the year, being about 246,000 gallons per day, of which 216,000 gallons per day can enter Crotty Reservoir, the remainder being too low to be connected and therefore running to waste.

Crotty reservoir has a capacity of 68,000 gallons, but is normally by-passed to keep up pressure in the town. It is covered and ventilated and protected by a stone wall.

The water is quite soft and is suitable for all domestic purposes. It passes untreated to the consumer. The distribution mains are cast-iron with ball hydrants now of considerable age. As safeguards against contamination the town water is sampled at monthly intervals. About 568 of the 584 houses in the Borough have water laid on, and about 16 are still served by old-fashioned standpipes.

The quality of the public water supply is usually very good. In past years there have been occasional minor lapses due to surface water contamination at the headworks. When public water supplies are untreated they need a very cautious watch to safeguard against the risk of waterborne disease. The result of laboratory examination is set out in Appendix "A" from samples taken during the year.

Water Schemes.

Your Council wish to get extra water for the domestic needs of the town and the new Cheese Factory. A scheme was prepared by your Consulting Engineer to take water from a new source at Ashbank, Hilton. Detailed investigation showed risks to public health from the gathering ground, and, after a Ministerial Inquiry, the source was not approved. At the year end the scheme was being modified to collect water above the areas of dangerous pollution.

Meanwhile the Express Dairy Company developed a private borehole to get water for their own industrial use. I have no knowledge of its quality, nor whether it will relieve the demand on the town supply to any material extent. We shall have to see.

At the same time there is an increasing reluctance on the part of the Minister to sanction extensions to small waterworks until his policy for local regrouping of water undertakers has been settled in North Westmorland and South East Cumberland. Whatever may be the future outcome of such doctrinaire changes, we have the problem before us today of how to get more water into Appleby.

SEWERAGE.

Public Health Act, 1936. Sections 14, 15, 47 and 87.

The Borough is well equipped with water closets, 577 out of a total of 584 have either one or more, although a number of houses share a common convenience with neighbours. There are 7 privies on outlying farms which are not near the sewerage system. The majority of the closets are connected to the main sewers, only 10 being served by cesspits or septic tanks.

Public conveniences are situated at three points and the town is now well served. Their maintenance occasionally presents difficulties.

The sewerage mains are mostly dual purpose, taking both surface water and foul drainage. Many of the old drains are of bastard size and very often laid with open joints. Many of these defects have been remedied during excavations for other purposes. A survey has been made and gradual replacement will be effected. The main sewer crosses the river near the Butts by an inverted siphon and thence flows through a brick-lined tunnel for 440 yards under Holme Wood to the river bank at St. Nicholas Wood, whence it is piped for the remaining 320 yards to the disposal plant.

The major reconstruction of the sewage disposal works was completed during the year. It was necessary for the development of the town, and especially to treat the trade wastes from the new cheese making factory. The Express Dairy Company have collaborated very closely with your Council to plan the new sewage disposal works to the mutual advantage of all parties and the ultimate benefit of the town.

PUBLIC CLEANSING.

Public Health Act, 1936. Sections 72, 76 and 77.

Refuse is collected from the whole of the area of the Borough of Appleby by Council employees with the use of a dual purpose vehicle. The annual average volume of refuse is about 1,500 cubic yards.

Disposal of refuse is by tipping at Gallows Hill. It cannot be called controlled in the full sense because it falls far short of the Ministry of Health's standards. Exposed faces are extensive, covering is sparse, and there is a lot of untidiness with blowing paper. On the other hand it seems free from vermin and it is well away from the built-up areas, so I see no particular danger to public health. To bring the tip up to Ministry of Health standards would mean spending a lot more money on covering material and labour. It is a matter of simple economics.

Street cleansing is carried out systematically twice weekly in the town centre and as often as necessary on the district and country roads. The public conveniences are cleansed and disinfected by a part-time caretaker.

FOOD AND DRUGS.

Under the Food and Drugs Act, 1955 and the Orders and Regulations made thereunder, the Borough has the duty of carrying out specific responsibilities in the registration of certain food premises, in the supervision of milk and dairies, and in the wide field of protection of its citizens from food-borne diseases. The County Council are responsible for detecting the adulteration of foodstuffs and the supervision of the sale of drugs.

Precautions against Contamination of Food.

The Food Hygiene Regulations 1955.

Periodical inspection of food premises has been carried out and informal action taken where necessary. Proposals have been made for raising the standard of cleanliness and general hygiene in these places. I am confident that traders are anxious to achieve a very high level of hygiene in their premises.

Bye-laws for securing cleanliness in food handling are in operation and it is hoped that their educative effect, rather than their penal provisions will be valuable to both the trade and the public.

Registration of Ice-cream Premises.

Food and Drugs Act, 1955. Section 16.

Ice-Cream (Heat Treatment) Regulations, 1947.

Under Section 16 of the Food and Drugs Act, 1955 there is one registration for the manufacture and sale of ice-cream and 8 registrations for storage and sale only.

Registration of Prepared Meat Premises.

Food and Drugs Act, 1955. Section 16.

At the year end registrations of sausage manufactories and potted, preserved and pressed meat, and pickled food preparing premises under Section 16 of the Food and Drugs Act, 1955 were approved in respect of 2 premises.

Registration of Dairies and Dairymen.

Milk and Dairies Regulations 1949 — to date.

Since October 1949 your Council has been responsible for the supervision of milk distributors and dairies which are not dairy farms. Your registrations at the end of the year:—

Distributors	1
Dairies	3

Milk-borne Diseases.

No epidemics of milk-borne disease occurred during the year, and therefore no action was required to stop any milk supplies or restrict the activities of milk handlers under Part VII of the Milk and Dairies Regulations, 1949.

Designated Milks.

Milk (Special Designations) Regulations, 1949.

Your Council is responsible for the granting of dealers' and supplementary annual licences for the sale of tuberculin tested and accredited milks.

Licences in force during the year were:—

Dealers' licence (Form B)	4
Supplementary Licence (Form D)	1

Slaughterhouses and Knackers' Yards.

Two slaughterhouses are licensed by the Borough Council but only one is actually operating for the private needs of an associated retail business.

It seems likely that consultations will take place early next year with adjoining local authorities and trade interests to see how future needs can best be met.

Condemnation of Meat at the Abattoir.

Food and Drugs Act, 1938. Section 10.

The following is a summary of the carcasses inspected and condemned in whole or in part:—

	Cattle including Cows	Calves	Sheep and Lambs	Pigs
Number killed (if known)	223	3	908	73
Number inspected ..	198	3	832	71
<i>All diseases except Tuberculosis and Cysticerci:</i>				
Whole carcasses condemned	—	—	—	—
Carcase of which some part or organ was condemned	24	—	36	7
Percentage of number inspected affected with disease other than tuberculosis and cysticerci	12.1%	—	4.2%	9.85%
<i>Tuberculosis only:</i>				
Whole carcasses condemned	—	—	—	—
Carcasses of which some part or organ was condemned	—	—	—	—
Percentage of number inspected affected with tuberculosis ..	—	—	—	—
<i>Cysticerosis:</i>				
Carcasses of which some part or organ was condemned	—	—	—	—
Carcasses submitted to treatment by refrigeration	—	—	—	—
Generalised and totally condemned	—	—	—	—

I am indebted to Mr. G. E. Hayes, M.R.C.V.S. for the above details, and for his skilled help in this valuable service to public health.

Condemnation of Foodstuffs.

Food and Drugs Act, 1955.

Various foodstuffs in retail shops were condemned during the year as unfit for human consumption.

GENERAL SANITARY INSPECTION.

The five sessions, or notional half-days, per week devoted to Sanitary Inspection seem satisfactory. Various inspections have been carried out beyond those detailed in the special sections of this Report.

Since Mr. Sowerby resigned his appointment on 31st October, 1960, your Council are exploring the possibility of combining with the surrounding North Westmorland Rural District to share the services of a public health inspector. I strongly favour such a proposal.

Meanwhile the North Westmorland Rural District Inspectors are kindly available for emergencies, and my other colleagues in the Borough are sharing the routine responsibilities. A long term solution of these staffing difficulties is needed.

Offensive Trades.

Public Health Act, 1936. Section 107.

There are no offensive trades within the meaning of the Act carried on in the Borough.

Factories.

Factories Act, 1937.

There are 3 factories in which Sections 1, 2, 3, 4 and 6 of the Factories Act, 1937, are the responsibility of the Borough Council for enforcement and 18 in which Section 7 is enforced. 15 inspections were made and in no case was it necessary to issue a written notice.

No prosecutions were required. There are no basement bakehouses.

Factory Inspections.

Premises.	Number of Premises.	Number of		
		Inspections.	Written Notices.	Occupiers prosecuted.
Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities ..	3	3	—	—
Factories not included in (1), in which Section 7 is enforced by Local Authority	18	12	—	—
Other premises in which Section 7 is enforced by the Local Authority (excluding out-workers' premises)	—	—	—	—
Total	21	15	—	—

No Defects were found.

National Assistance Act, 1948.

No action was required under Section 47 for the removal to suitable premises of persons in need of care and attention.

Shops Act, 1950.

These duties have been periodically carried out.

Common Lodging Houses.

Public Health Act, 1936. Part II.

There were no common lodging houses within the Borough.

Rent Restriction Acts.

No application for a certificate of disrepair was received under the Housing Repairs and Rents Act, 1954.

Smoke Abatement.

Public Health Act, 1936. Sections 101-106.

There were no cases for action during the year.

Pests.

Prevention of Damage by Pests Act, 1949.

Rat poisoning treatments have been given in the sewers and the refuse tip during the year. Inspection of other premises has been made when required and the occupiers given advice.

Laboratory Services.

Public Health Act, 1936. Section 196.

Satisfactory laboratory facilities were available both at Carlisle and Kendal for all public health purposes.

Bye-laws.

The Bye-laws in force on matters relating to public health were:—

Building Bye-laws.

Food Handling.

New Legislation.

Authorised Officers (Meat Inspection) Regulations, 1960 became operative 12th August, 1960.

Caravan Sites and Control of Development Act, 1960 became operative 29th August, 1960.

The Caravan Sites (Licence Applications) Order, 1960 became operative 29th August, 1960.

(Stillbirth Registration) Population (Statistics) Act, 1960 became operative 1st October, 1960.

Milk (Special Designation) Regulation, 1960 became operative 1st October, 1960.

Meat (Staining and Sterilising) Regulations, 1960 became operative 1st November, 1960.

Noise Abatement Act, 1960 became operative 27th November, 1960.

APPENDIX "A".

Laboratory Examination of Public Water Supplies.

Nature of Test.	Standards Max.	Head Works	Crotty Reservoir	Town's Main
Pr. coli-count 37° ..	3-10	0	0	0
Faecal coli-strep. ..	0			
Character	—	Clear	Clear	Clear
Reaction	—	6.7	6.9	6.5
Ammonical Nitrogen ..	.041	.003	.021	Less than .02
Albuminoid Nitrogen ..	.066	.037	.034	Less than .02
Total Solids ..	1000	100	150	125
Hardness {	Total ..	76	80	56
	Carbonate ..	45	43	29
	Non-Carb. ..	31	37	27
Chlorides	30	10	10	8
Nitrates	1.0	1.220	1.340	—
Nitrites	—	—	—	—
O.2 Absorbed	1.0	.18	.16	.16
Heavy Metals	—	0	0	n/a
Rainfall 24 hours ..	—	Nil	Nil	Nil
Date Sampled	—	23/3/49	25/3/49	1/2/60
Laboratory	—	Darlington	Darlington	Carlisle

Chemical analyses expressed in parts per million.



